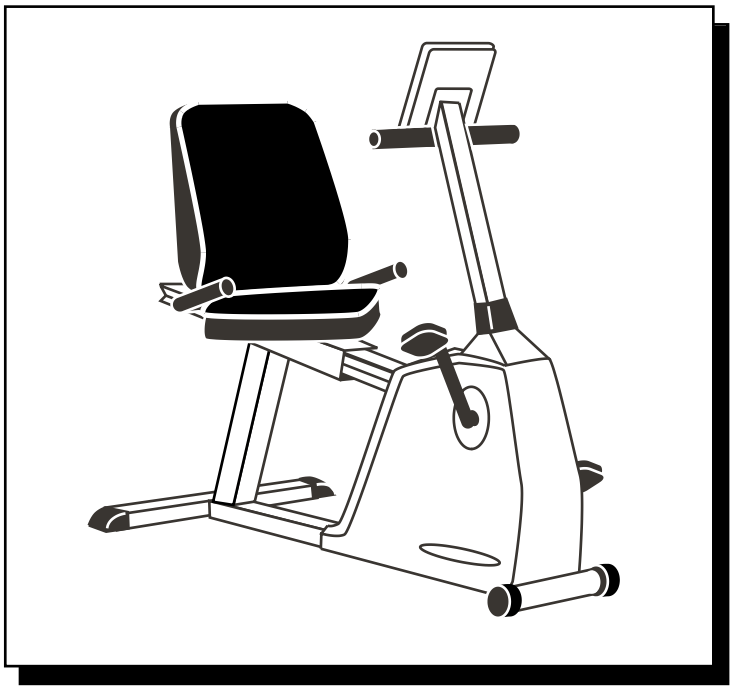
VISION FITNESS



R2100

ASSEMBLY INSTRUCTIONS

To avoid possible damage to this Fitness Cycle,
please follow these assembly instructions.
Carefully remove all its parts from the box,
lay them out and review the parts list.

If any parts are missing, please call 1-800-335-4348, Ext 12

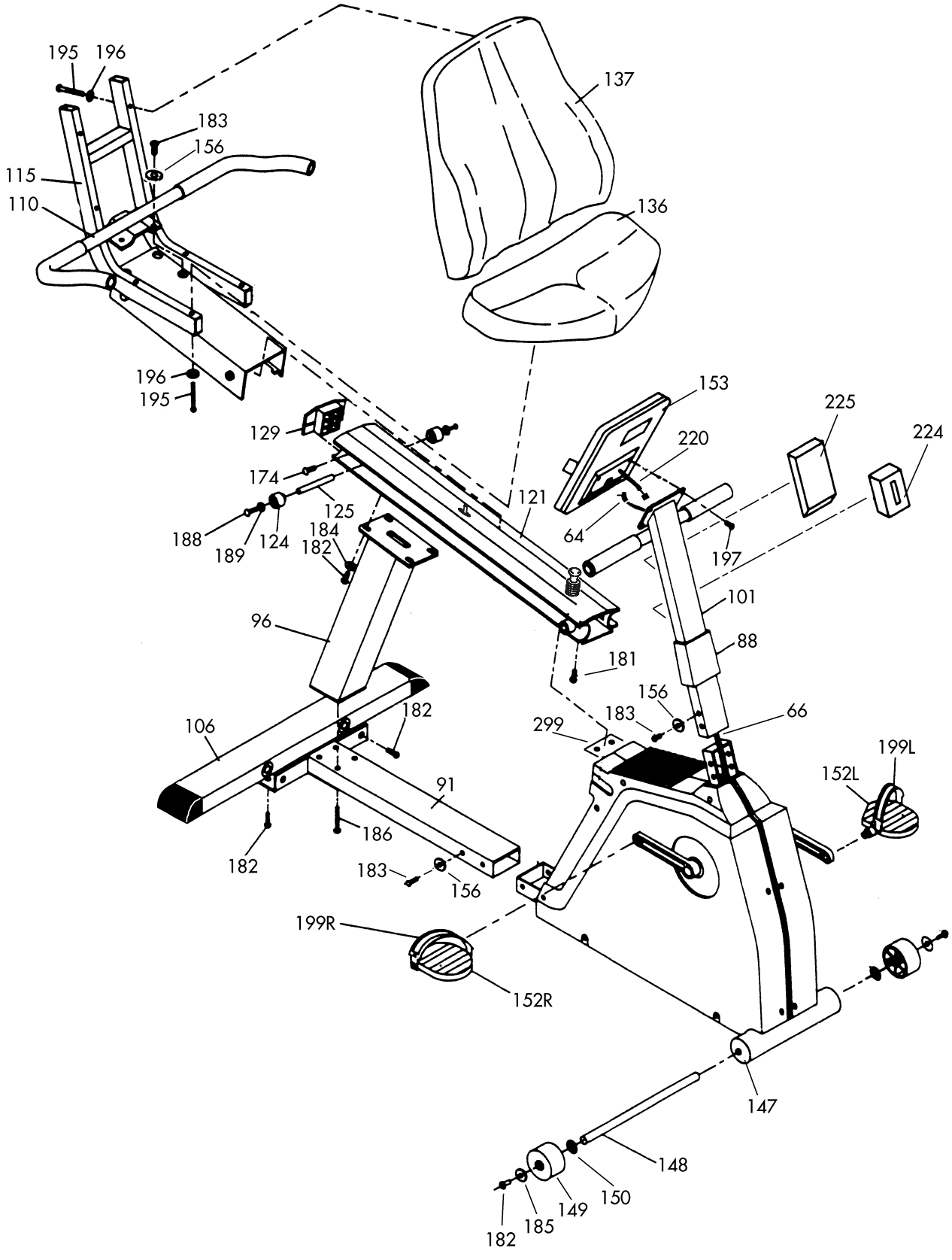
Before proceeding, find your Fitness Cycle's serial number,
located on the underside of main frame, and enter here:

_____

Refer to this number when calling for service.

IT ALL STARTS WITH A VISION

R2100 Parts Diagram



VISION FITNESS R2100 Parts Description

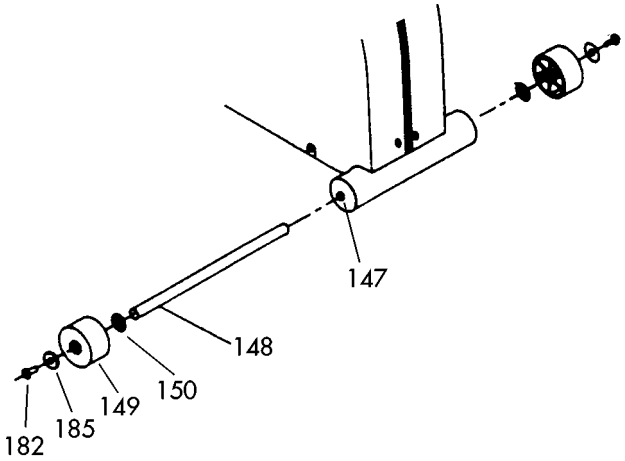
Part #	Description	Count	Dimensions
Front Wheel Parts			
#148	Front Foot Wheel Axle	1	
#149	Front Transport Wheels	2	
#150	Inside Wheel Washers	2	
#185	Outside Wheel Washers	2	
#182	Wheel Attachment Bolts	2	20mm L x 8mm D
Rear Rail Support Bars			
#106	Rear Foot Assembly	1	
#182	Rear Foot Attachment Bolts	4	20mm L x 8mm D
#91	Rear Foot Frame Extension	1	
#182	Frame Extension Bolts	4	20mm L x 8mm D
#96	Seat Rail Support Post	1	
#186	Support Post Bolts-Bottom	4	55mm L x 8mm D
#184	Top Post Bolt Washers	4	
#121	Aluminum Seat Rail	1	
#182	Seat Rail Mount Bolts	2	20mm L x 8mm D
#125	Seat Stop Bumper Rod	1	
#124	Seat Stop Bumpers	2	
#188	Bumper Rod Bolts	2	10mm L x 3mm D
#189	Bumper Rod Lock Washers	2	
#129	Seat Rail End Cap	1	
#174	Seat Rail End Cap Screws	2	
Seat Parts			
#115	Seat Frame	1	
#137	Seat Cushion Back	1	
#136	Seat Cushion Bottom	1	
#195	Seat Cushion Bolts	8	55mm L x 6mm D
#196	Seat Cushion Bolt Washers	8	
#110	Seat Mount Handlebars	1	
#182	Seat Mount Handlebar Bolts	4	20mm L x 8mm D
Console Parts			
#101	Console Mast	1	
#182	Console Mast Allen Bolts	6	20mm L x 8mm D
#88	Rubber Console Mast Cover	1	
#153	Console	1	
#220	Upper Magnet Shift Cable	1	
#66	Lower Magnet Shift Cable		
#197	Console Attachment Bolts	6	11mm L x 5mm D
#225	Indexed Mast Cover	1	
#64	RPM Sensor Wire	1	
Other Parts			
#152	Pedals	2	
#199	Pedal Straps	2	

R2100 Assembly

NOTE: During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.

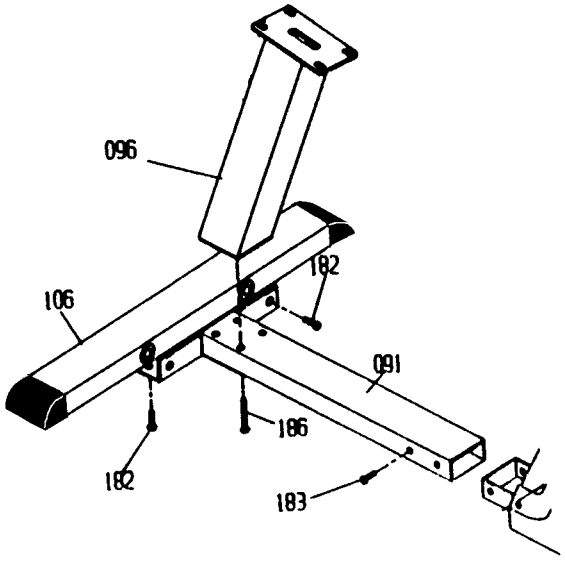
Step 1 • Front Wheel Assembly

1: Slide the Front Foot Axle (148) through the Front Foot Nylon Sleeves (147).
2: Place the Inside Wheel Washers (150) on the Front Foot Axle (148).
3: Slip the Front Transport Wheels (149) onto the Front Foot Wheel Axle and secure them with the outside Wheel Washers (185) and the Wheel Attachment Bolts (182) using two 5mm Allen wrenches.



Step 2 • Seat Support and Rear Foot

1: Attach the Seat Rail Support Post (96) to the top of the Rear Foot Frame Extension (91) with four Bottom Support Post Bolts (186). Tighten with a 5mm Allen wrench.
2: Secure the Rear Foot Frame Extension (91) to the frame bracket using the four Frame Extension Bolts (182).
3: Secure the Rear Foot Assembly (106) to the Rear Foot Frame Extension (91) using the four Rear Foot Attachment Bolts (182). Tighten with a 5mm Allen wrench.



R2100 Assembly

Step 3 • Seat Assembly

1: Secure the Seat Mount Handlebars (110) to the Seat Frame (115) with four Seat Mount Handlebar Bolts (182) and four washers (156).

2: When mounting the Seat Cushion Bottom (136), you have two sets of holes to choose from. Using the rear set of holes is recommended for most people. For a smaller person, you may choose to use the forward set of bolt holes. Mount the Seat Cushion Bottom (136) to the Seat Frame (115) with four of the Seat Cushion Bolts (195) and Seat Cushion Bolt Washers (196) using a 4mm Allen wrench. Do not fully tighten any bolt until all four bolts are started.

3: Mount the Seat Cushion Back (137) to the Seat Frame (115) using the remaining four Seat Cushion Bolts (195) and Washers (196). Do not fully tighten any bolt until all four bolts are started.

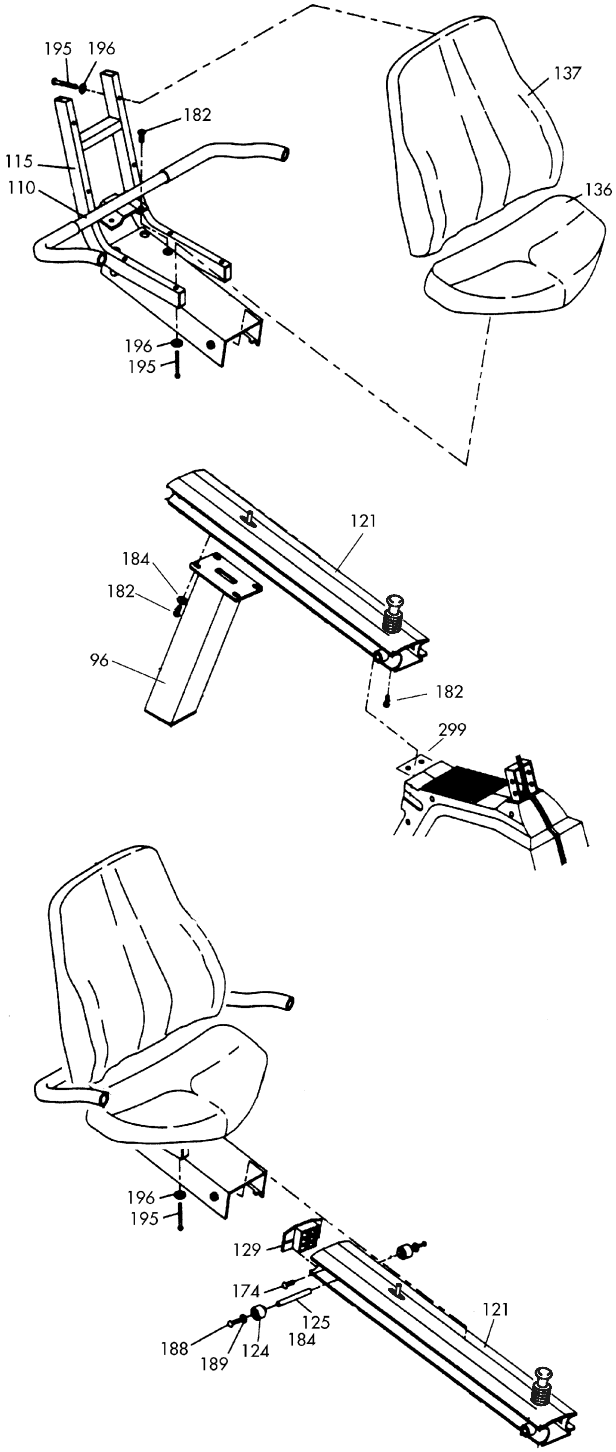
Step 4 • Aluminum Seat Rail

1: Place the Aluminum Seat Rail (121) on the Seat Rail support (96) and align the two holes in the Seat Rail with the two holes in the Frame Lip (299) . Thread the Seat Rail Mount Bolts (182) through the Frame Lip (299) into the Aluminum Seat Rail but do not tighten yet.

2: Secure the Aluminum Seat Rail (121) to the Seat Rail Support Post (96) with the four Top Support Post Bolts (182) and Top Post Bolt Washers (184). Tighten these four bolts. Now fully tighten the two Seat Rail Mount Bolts (182) at the front of the seat rail.

3: Slide the Seat Frame (115) onto the Aluminum Seat Rail (121) while lifting the knob, so the seat frame will slide to the front of the seat rail.

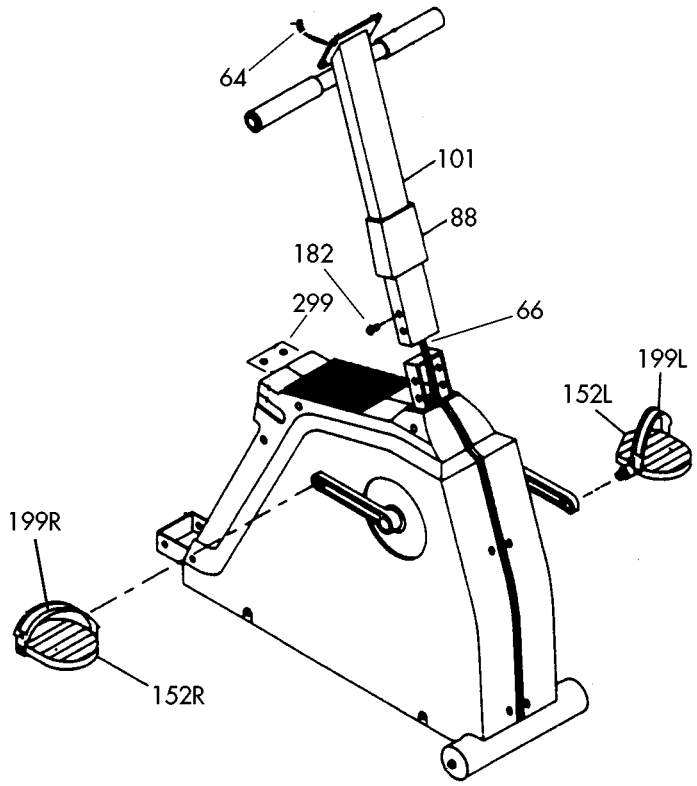
4: Slide the Seat Stop Bumper Rod (125) with one Seat Stop Bumper (124) already attached through the hole in the back of the Aluminum Seat Rail (121). Attach the second Seat Stop Bumper to the other end of this rod using the Bumper Rod Screw (188) and Bumper Rod Lock Washer (189).



R2100 Assembly

Step 5 • Pedals

1: Identify the left and right Pedals (152) and the left and right Pedal Straps (199). Attach the correct straps to each pedal, then thread each Pedal into the correct left and right crank arms and tighten.
NOTE: It is very important to FULLY TIGHTEN each pedal. Failure to do so will result in loosening and NOISE.



Step 6 • Console Mast

1: Unfold the RPM Sensor Wire (64) that is folded into the Frame Console Mast bracket. Straighten this cable and remove any kinks by drawing the cable through your fingers.
2: Slide the Rubber Console Mast Cover (88) onto the Console Mast (101) until it is above the first waterbottle screw.
3: Holding the Console Mast (101) above the Frame Console Mast Bracket, guide the RPM Sensor Wire (64) and Lower Magnet Shift Cable (66) through the Console Mast while simultaneously sliding the Console Mast onto the frame bracket.
4: Bolt the Console Mast (101) to the frame using the six Console Mast Allen Bolts (182). Make sure these bolts are very tight. Now slide the Rubber Console Mast Cover (88) back down to cover the bolt heads.

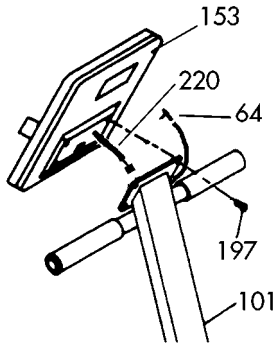
R2100 Final Assembly

Step 7 • Console

1: Insert Upper Magnet Shift Cable (220) into the top of the Console mast (101).

2: Mount the Console (153) to the Console Mast (101) using the six Console Attachment Bolts (197). Make sure you DO NOT PINCH the Upper Magnet Shift Cable (220) and RPM Sensor Wire (64) between the Console (153) and Console Mast (101).

3: Plug the RPM Sensor Wire (64) into the receptacle located on the back of the Console (153). Make sure the RPM Sensor Wire fits in the slot cut in the left side of the Console Mast (101).

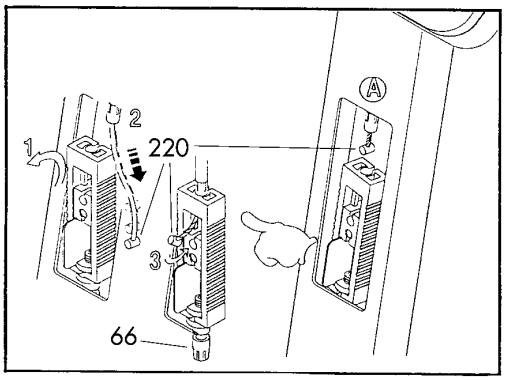


Step 8 • Cable Connection

1: Turn the Tension Knob to position 8. Reach inside the opening of the Console Mast (101) and connect the Upper Magnet Shift Cable (220) to the rectangular red cable-slide on the end of the Lower Magnet Shift Cable (66), as shown in the accompanying illustrations.

2: While holding the metal separating tab (5), turn the Tension Knob to Level 1 and then pull the tab out and discard.

3: Press the Console Mast Cover (225) into the opening of the Console Mast (101).



Step 9 • Operation Test

Run this simple test prior to using.

1: Choose Intervals program, Level 8.

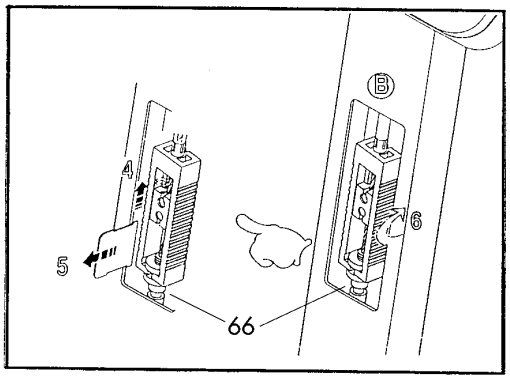
2: Choose Time of “00:00”, and press Start.

3: Your machine will now operate indefinitely. After several hours of operation, check for proper functioning of:

A: Resistance Change -- change load one level at a time using the dial knob on console. Pedal to feel for load change.

B: Check for display in RPMs while pedaling.

C: Check that all LCDs are working.



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